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The Panther

Volume 95, Issue 5

Thursday, March 5, 2015

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Students disappointed with recent rec center delay



By Kaiasha Copper, The Panther

The center, which has been delayed three times, will be open to the community and will house the new campus swimming pool.

By India Foster
Lifestyles Editor

With the Rec Center that has been thrown up, students are displeased to have yet been inside to experience the newest

building.

Students have been highly disappointed with only looking at the outside of the building and not being able to go in and actually use the equipment.

"They need to hurry up and open

it because we're anticipating the grand opening," said senior mass communication Steffon Johnson. "The building is just sitting there glowing, we need to get inside of it."

Due to construction issues, wiring issues, and several installing problems is the

reason of the delay. The company in control with setting up the equipment has gone through and found mistakes, which have postponed the opening date, which has upset the students.

Center Page 2

Some HBCUs in danger of losing accreditation, funding

By Shalun Wells
Panther Staff

There are approximately 106 Historically Black Colleges and Universities (HBCU) in America today.

Cheney University served as the nation's first HBCU, founded in 1837, where African Americans could obtain a higher

education at an accredited university.

While HBCUs currently represent about three percent of the nation's institutions of a higher education, and educate approximately 11 percent of the nation's African-American students, HBCUs are accountable for graduating about 75 percent more African-American students than any other institutions.

Accreditation and funding problems

have plagued some HBCUs.

Having accreditation means that an institution is able to receive federal and state financial aid, which are important sources of funding today.

However, losing accreditation places a higher educational institution in jeopardy of losing its federal and state funding, which can lead to the school closing down.

Z'Aundria Warren, a junior human

science major, says, "It is not fair for an HBCU to lose accreditation because it is not being funded properly. HBCUs have already taken a major financial loss due to Pell-Grant limitations and students' eligibility for student loans."

HBCU Page 3

Ed Gordon pushes students to take advantage of opportunities

By Rven Moody
News Editor

Renowned broadcaster Ed Gordon has urged students to be prepared always for the future, especially for opportunities that are aligned with their life's goals and aspirations.

Gordon made the remarks Friday at the A. I Thomas auditorium during his keynote speech for Communication Week hosted by the Department of Languages and Communication. "Be ready for your opportunity," he emphasized.

Gordon's goal as a student was to go into law or politics, but after a teacher realized his potential and encouraged him, he looked into journalism and found a passion for it. He recalled how his opportunity came because an anchor at a television station he was interning did not show up and he had to be ready to step up and do the job.

His mother supported him in his transition to journalism and is his biggest

influence.

"As you get older your help network lessens," Gordon said. He noted that hopefully students have parents, family members or friends who will support them, but as adults they would be expected to excel on your own. Although he has surpassed excellence and success in his career goals, his mother always stood in his corner, he added.

Gordon said that there isn't anyone supremely successful who doesn't work hard. "Don't be afraid of hard work, but know that your big opportunity may never come again so always be ready," he advised. "Find your confidence and you will be successful."

Other key tips that students were able to take away from the guest speaker are:

1. Do not let someone tell you no or turn you around, be persistent.
2. We all have hated on someone or been hated on because it's human nature, but hating another person isn't going to carry you further; it's lost energy.

Gordon Page 2



By Raven Moody, The Panther

Ed Gordon told the students that success can only be attained through hours of practice.

INSIDE



Pantherland Yearbook back

Page 3



Panthers win 7th game in the row since 1972-73 season

Page 4



Confucius Institute celebrates Chinese new year

Page 2

Comm Week brings alumni back to the yard

By Trenton Ferguson
Panther Contributor

Media professionals continued visiting campus from last Wednesday to Friday to speak with students about their careers. They included alumnus Charles Williams, CBS editor and producer, alumnae Kayla Tucker Adams of TD Jakes Ministries, and Ayana Mack, a radio personality in Houston. Others guests were media relations director Zakiya Larry. "The alumni presence let me know that my dream is possible too," said communication minor LaRae Dixon. "I really appreciate them showing up and letting us know that we can too." Creative director of I am Brands, Byron Lundy, gave a presentation of the day. Lundy discussed how to build a brand with a set vision, giving students

core principles to follow to build a brand and reputation. "I know for a fact that some of Lundy's tips work, because I see where he's at," stated mass communication major Darnell Crooms. Following Lundy, Kayla Adams spoke to students about the public relations profession. Adams explained the different facets of public relations along with her everyday personal duties as she represents Bishop Jakes. "Public Relations is an all day job, but I love what I do. I am public relations." Williams, who is also CEO of WEG Media Group, had the pleasure of hosting a lecture for students. His topic covered basic digital video production, film, TV and web content. Williams described the difference between the categories and had students give examples of their work. Ayana Mack was present on Thursday and delivered her

presentation on owning success. Mack spoke about her career while attending Prairie View, why she chose her profession and how she got started. She also spoke about the importance of internships, stating that her internship prepared and gave her the knowledge for the field that she is in now. While expressing the benefits of interning, she also proclaimed that she dabbled in many fields before finding her perfect one. The highlight of Mack's speech was when she said, "I like waking up to my job." "Ayana Mack was very relatable. Knowing that she walked the same halls and had some of the same professors let me know that I am already on the right track," said junior communication major Bria Branon.

Gordon
continued from page 1



Ed Gordon takes a selfie with students. Courtesy of Ed Gordon

3. If there is a fear you are struggling with in the career or goal you are working toward you must find a way to overcome that fear if you want to be successful. Once you overcome the fear, work to become more proficient. 4. Never want status so much that you don't really know, or learn your craft, because talent alone will not keep or get you to the position

you aspire to achieve. It's a lot easier to become successful than to stay successful. There is a difference in becoming and staying successful. 5. Watch your attitude, the way you present yourself, and determine what you're willing to do and not do in order to achieve your goals. Your attitude, believe it or not, goes a long way.

Confucius Institute celebrates Chinese new year



Confucius Institute staff performs with her students for the new year celebration. By Raven Moody

By Kiara Rabb
Panther Contributor

The Confucius Institute shared their culture with students and faculty of Prairie View A&M to celebrate the Chinese New Year on Thursday, Feb. 19th. Students enrolled in Chinese language classes took part in making the Chinese New Year Celebration a huge success by volunteering to sing, dance, carry the dragon, and serve attendees.

The ceremony opened with Dr. Liu informing students of the significance of the celebration. Dr. Liu, cofounder of the institute says, "We are here to celebrate the Chinese New Year of the Ram hosted by the Confucius Institute at PVAMU. The program was a success; Deans, Provost, the Vice President, faculty, staff, and students were all in attendance.

Hopefully everyone took something from today's celebration and more students will now consider taking Chinese as a foreign language." Students entertained the audience by singing songs in Chinese and dancing to the most popular Chinese songs. Freshman Zoe C. Arrant, whose Chinese name is Ka'shana, sang The Moon Represents My Heart by Kim Chiu. She says, "I decided to take Chinese because I had previously taken Korean and Japanese. I did not want to take Spanish and I'm not ready for Arabic yet. I really like the culture. Today I got to sing and dance. The instructors are great, we practiced the song and dance for a day and a half and I performed well." To commence the ceremony everyone got a taste of the culture and

enjoyed various Chinese dishes. Sophomore, Alicia Cooper says, "The program really opened my eyes to the Chinese culture and I am definitely considering taking Chinese as my foreign language next semester." The Chinese New Year Celebration is not a one day festivity. As a result, the Confucius Institute will be showing Chinese films on February 23rd, 24th, and 25th on the third floor of the library. Every Tuesday and Thursday from 3:00 p.m. - 5:00 p.m. of the spring semester, there are non-credit courses that prepare students interested in Chinese. Come out and have a little fun! There is a paper cutting class each Monday and Wednesday from 3:00 pm to 3:50 pm.

US ambassador to S. Korea attacked

BY FOSTER KLUG AND KIM TONG-HYUNG
ASSOCIATED PRESS

U.S. Ambassador Mark Lippert was slashed on the face and wrist by a man wielding a knife with a 10-inch blade and screaming that the rival Koreas should be unified, South Korean police said Thursday. Media images showed a stunned-looking Lippert staring at his blood-covered left hand and holding his right hand over a cut on the right side of his face, his pink tie splattered with blood. The U.S. State Department condemned the attack, which happened at a performing arts center in downtown Seoul as the ambassador was preparing for a lecture about prospects for peace on the divided Korean Peninsula, and said Lippert was being treated at a local hospital and his injuries weren't life threatening. YTN TV reported that the suspect - identified by police as 55-year-old Kim Ki-jong - screamed during the attack, "South and North Korea should be reunified." A witness, Ahn Yang-ok, the head of the Korean Federation of Teachers' Associations, told YTN that Lippert had just been seated for breakfast ahead of the lecture organized by the Korean Council for Reconciliation and Cooperation when a man ran toward the ambassador from a nearby table and slashed him with a knife. Start Here-Yonhap TV showed men in suits and ties piled on top of the attacker, who was

dressed in a modern version of the traditional Korean hanbok, and Lippert later being rushed to a police car with a handkerchief pressed to his cheek. The suspect also shouted anti-war slogans after he was detained, police said. A police official, speaking on condition of anonymity because the investigation was still happening, said the suspect in 2010 threw a piece of concrete at the Japanese ambassador in Seoul. South Korean media reported that in August 2010 that Kim Ki-jong was sentenced to a three-year suspended prison term over the attack. Kim, who was protesting Japan's claim to small disputed islands that are occupied by South Korea, missed the ambassador with the concrete and hit his secretary instead, the reports said. The attacker's reported comments Thursday on Korean reunification are likely linked to lingering, deep divisions in South Korea that stem from the 1950-53 Korean War. The rival Koreas have been divided for decades along the world's most heavily armed border. The U.S., which backed South Korea during the war against China-backed Pyongyang, still stations 28,500 troops in South Korea as a deterrent against North Korea, and some South Koreans see the U.S. presence as a barrier toward a reunified Korea - a view North Korea's propaganda machine regularly pushes in state media.

Anti-U.S. protesters in Seoul have recently been demonstrating to voice opposition to annual U.S.-South Korean military exercises that North Korea says are preparation for an invasion. Seoul and Washington say the drills, which will run until the end of April, are defensive and routine. North Korea each year reacts with fury to the drills, which the impoverished country is forced to respond to with drills and weapons tests of its own. In 2013 it threatened nuclear strikes on Washington and Seoul, and on the first day of this year's drills, Monday, it test-fired short range missiles in a demonstration of anger. Lippert, 42, became ambassador last year and has been a regular presence on social media and in speeches and presentations during his time in Seoul. His wife gave birth here and the couple gave their son a Korean middle name. Lippert was formerly the U.S. Assistant Secretary of Defense for Asian Affairs and a foreign policy aide to President Barack Obama when Obama was a U.S. senator. Obama called Lippert after the attack to express his thoughts and prayers for a speedy recovery, the White House said. "We strongly condemn this act of violence," State Department spokeswoman Marie Harf said. She had no other details.

Center

continued from page 1

As peers watched the building being built since Summer 2014, the anticipation had grown higher and higher each semester. Once the spring 2015 came, students were highly disappointed when the recreational center was yet to open. "If there are problems then the staff should have had these problems straighten out," said sophomore education major Genacie Bates. "They really need to get on it because the delay has been going on when the building is clearly done." The center has many of new facilities. It offers rock climbing, a weight room equal to any 24-hour fitness, outdoors pursuits for canoeing a kitchen for food demonstration, game rooms, a spin room, yoga/dance room, a pool, an upstairs track, and plenty of small

weight rooms. "With the opening of the new rec, students especially those who share the same major as me are excited to have access to new resources and a better facility," said sophomore health and human performance major Kenneth Jones. "They didn't build the rec for us not to use it." Just the same as the "new gym" students will need their Panther ID to enter the rec and use the equipment. The rec is later planning to be opening up to the community of Waller County. "I don't feel like the new gym should be opening up to the public because we're paying out of our tuition for this new building," said sophomore nursing major Natalie Palm. The opening date has yet to be a date to be released to the students. "There is a date but I don't feel comfortable giving out that date," said Coordinator of Intramural Sports Coach Lee Gillian.

SGRHO gets a little messy #Spillthetea

By Dominique Dillon
Panther Staff

Sigma Gamma Rho Sorority, Inc hosted the very first #spillthetea roundtable discussion in honor of SGRHO week Tuesday evening to analyze the various issues Prairie View faces. Coordinator and speaker, Haley Bragg, eased the mood by opening up the discussion with a fun game of Never Have I Ever. Everyone began to feel comfortable while they sipped tea and ate cookies. Things got a little messy while opinions were shared on issues such as homecoming, Yik Yak, self image, and relationships.

Bragg says, "The purpose of the event was to have an open intellectual discussion about messy events that happen on campus and be able to discuss them as students of PVAMU." We all enjoy homecoming, social networks, expressing ourselves, and eventually want to find love, but when does it get a bit excessive and how can we continue to have a great time without things getting out of hand or damaging our reputation. There were a handful of students at #spillthetea making it very interactive. No one had any reason to be shy because the Women of SGRHO were very nice and welcoming. Tea, cookies, and drama was a combination sure of success.

Student Senate in shambles

By Demario Lowe
Panther Contributor

At approximately 8 p.m. on March 4, Tristan Crayton, the vice president of student government association, who also serves as the president of the Student Senate, suspended the executive elections for the 2015-2016 school year. This may result in a vacancy in the SGA president, vice-president, and comptroller positions in the next academic year. This extreme action is based on the current atmosphere of the Student Senate. In the past three weeks, the Student Senate has struggled to gain quorum in their regular business sessions. According to section 8 of the Senate By-Laws, quorum is defined as "Two-Thirds (2/3) of the members of the Senate." Senate President Crayton has went as far as using his executive power to hire senators to fill the void left by lackluster senators who have "tapped out" and chosen not to fulfill their duty as leaders of the student body. The student select committee, which consists of the highest ranking senators, has put forth a valiant effort in finding innovative ways to keep the attention of their voting members. When asking Marcus Washington, the Senate Pro-Tempore (highest ranking senator), about his opinion on the matter, he said that "Our focus as a select committee has been dedicated to the retention and

reclamation of our leaders. We know that we have a group of individuals who can be dedicated, and we believe that we can push those people to focus on the heart of our campus, the students." Vice President Crayton believed that the purpose behind his actions were to motivate his senate to create the proper committee required to manage the elections process for the spring semester. The original elections committee was to be headed by the chairman of the Rules and Administration committee, Brennan Wells. Senator Wells could not fulfill his role as the Elections Commissioner due to his conflict of interest, which is rooted in his ambitions to be the next Student Government President. This change in committee leadership has left both the Rules and Administration committee and Elections committee leaderless and stagnant. Fortunately enough, the select committee has the authority to oversee a committee and step into multiple roles to compensate for improper transitions within leadership. Although this suspension may prolong the elections process, which is set to begin immediately after Spring Break, Vice President Crayton believes that, "once the wheels of the Senate leadership start rolling, the elections will run as smooth as he wants." Mr. Crayton has promised to keep the student body updated on any and every change in these series of events.

YEARBOOK - WHO'S WHO?

Complete this nominations page and return it to the
Office of Student Engagement Memorial Student Center 221
by Wednesday, March 11, 2015 @ 2:00pm

Fill in the blanks and bring this page to our office.

1. Cutest Couple _____
2. Happily Single _____
3. Most Handsome Male _____
4. Most Beautiful Female _____
5. Most Likely to Succeed _____
6. Livest Student Organization _____
7. Who Runs the Yard (Greek)? _____
8. Best Dressed _____
9. Best Dancer _____
10. Best Legs _____
11. Best Party _____
12. Best Eyebrows _____
13. Biggest Flirt _____
14. Best DJ _____
15. Best Hair _____ (natural) _____ (weave)
16. Best Professor _____ (Include quote from the professor) _____
17. Best Skateboarder/Skater _____
18. Best Clique _____
19. Most Underrated (low-key amazing) _____ (female) _____ (male)
20. Hump Day Afficionado (always at Hump Day) _____
21. Instagram Straight Flexin _____ (Best IG Flexin)
22. Selfie Queen _____ Selfie King _____

Organization Photos

Schedule your group's
photo for the yearbook.

Monday - Wednesday

www.pvamu.edu/yearbook

Pre-Orders: March 9th - \$50

Pantherland

YEARBOOK

Pre-orders available March 9, 2015

at www.pvamu.edu/yearbook. Only 300 will be printed.

2011 - 2015

Pantherland

Last Chance
Yearbook Picture!
Wed. March 11
11:00am - 3:00pm

YEARBOOK

2015

Motivations of Mercy

Keep 2014, Satan, and all of his devices out of 2015

By Sylvania Omokaro
Panther Contributor

Hey there Beloveds!

One of the biggest things that prevent us from achieving our goals is the wars waged in our very own mind. With that being said, I beseech you to pursue greatness, even if 2015 shifts into the realm of "not so great."

It is not always the year that brings change but the mindset in which you entered it. When things don't go your way, do not take on a defeated attitude. Look, I am preaching to myself as well.

I understand life can excruciatingly hard. We were never promised a perfect life, but by the grace of God, we have access to His mercy each day. (Lam. 3:23)

We will have suffering, some we might even inflict on ourselves. For this flesh is weak and sinful. But that is not a reason to give up. Continue the pursuit. Pursue Him in every circumstance. Pursue Him when you feel like your sin is too great for Him to love and forgive you. Pursue Him and His righteousness with all your heart, mind, and soul trust that everything you need and heart's desire will be given to you.

The bible says that the enemy comes rob, kill, and destroy. (Jn. 10:10) My question to you is what is he trying to take from you? Also, can he even kill you? How will he cause your destruction? Let's investigate.

I guess it is safe to say that he doesn't want your money. That's not the currency that they use in hell. No! It's about how much sin and turmoil they can inject into your life. He relishes when you curse and turn your back on God.

So what does he do, he goes for your mind. He clouds your mind with negative thoughts; and just like that you are bankrupt of joy, peace, faith in God, and true love. You can no longer give or receive love.

He will separate you from the people that love you. He will cause those you love to hurt you. You push people away and become incredibly distrustful. Look past it. You must remember, You wrestle not with human flesh and blood, but against rulers of darkness that instigate havoc in a spiritual realm. (Eph. 6:12)

From there Satan and his armies want to kill you off. But how can he? He has never given life so he CANNOT take it away. He will however torment your mind until

your spirit is deadened. Or he might replay past hurts over and over again until you find yourself bitter and disabled from living the abundant life.

Another way is he will simply have you do his dirty work. Look at suicide and abortion rates. They are high. Why? Satan has manipulated so many people into denying the calling on their lives. He blinded so many women of the destiny and beauty God has placed in their wombs.

As if God had nothing to do with life inside of them! He feeds lies! If these lives were not purposed Satan would not be attacking you so violently. Your life is worth living, The child in you is worth protecting.

He comes to destroy the will of God. Don't you get it! You have something that ONLY YOU can give the world. No one else. He wants you to die with your talent and intellect undiscovered and untapped.

He wants to prevent intimacy with your Maker. What a horrible condition to leave this earth in. But most importantly, the reason that the devil wants to stop you is because God loves you. (Jer. 31:3) He can never hurt God, but when you hurt God weeps with you.

When you sin, he gains satisfaction that Jesus is beaten, bruised, humiliated, hurt, abandoned, taunted, and rejected all over again! (Heb. 6:6) So chose victory in 2015 by refusing the enemy and clinging on to God.

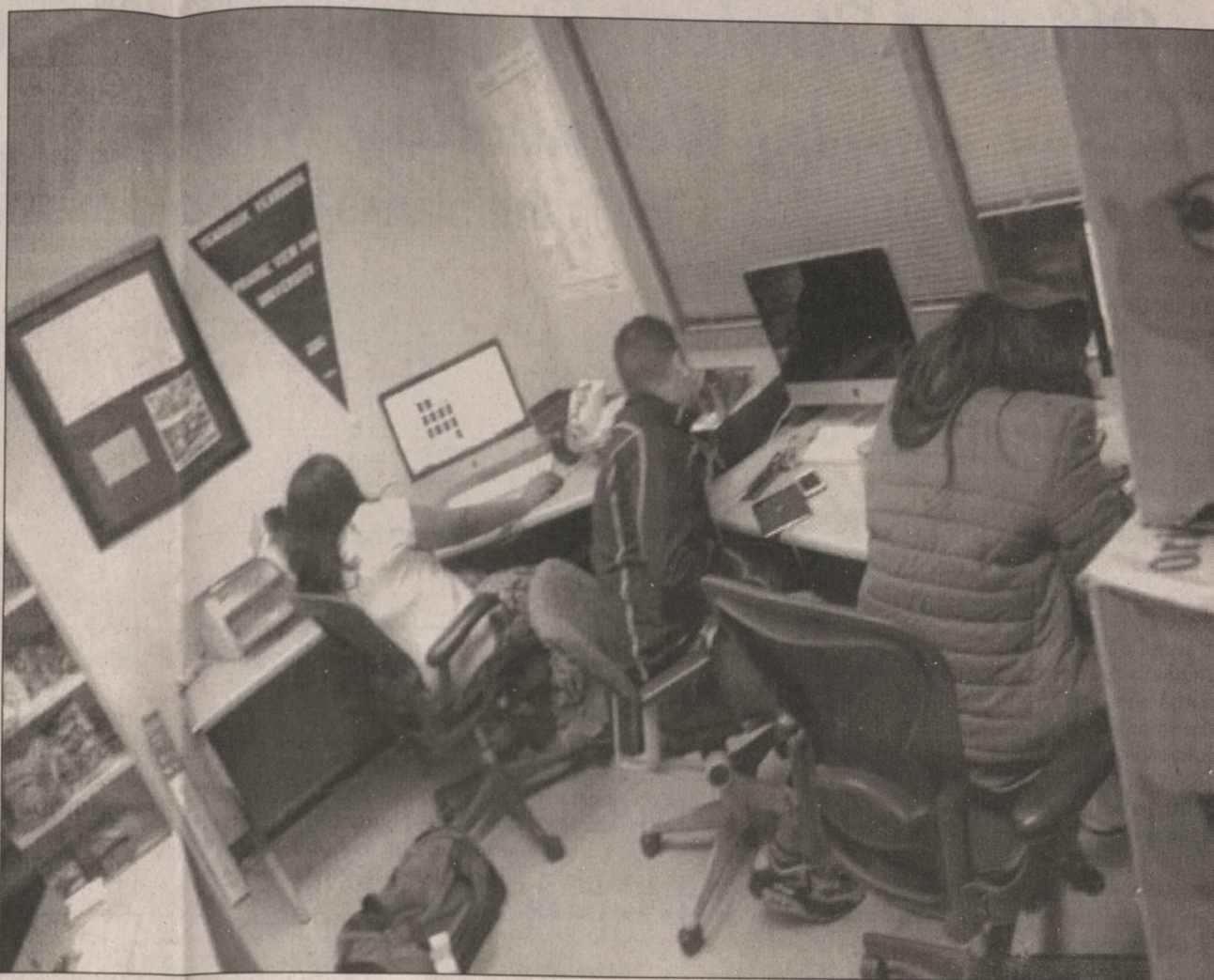
Biblical References:

Phil. 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Rom. 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Heb. 13:5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will

Pantherland yearbook back



Students gather around to work in the yearbook lab to start on the Pantherland yearbook.

By Chadae Sauls
Panther Staff

A yearbook is something that can last a lifetime. Flipping through pages of all the great memories shared between friends and enjoying the time spent in school is worth treasuring.

In high school it is a known fact that every student receives a yearbook, but in college many students wish to have some type of memory book to showcase all the fun they had. The Office of Student engagement is bringing that wish to life by making Prairie View's very own yearbook.

Natambria Lockett, a senior finance major, is on the yearbook committee and says that putting a yearbook together is far from easy. Everyone on the committee has to stay focused and have a creative mind to make the yearbook one of a kind.

"It takes a lot of work in making a yearbook, we had to go through training on how to design and it took us two weeks alone in figuring out the layout plans for each page," says Lockett.

Constructing a yearbook

is a long process between taking pictures, designing and having everyone on one accord can become stressful at times. Although stressful, being on the committee is fun and filled with great experience.

"We have been working on this yearbook since the beginning of February, so for us to be in production for only a month we have accomplished more than we thought."

The last yearbook was in 2011 because there are those who feel that as college students it is not necessary to have a yearbook every year, but some students around campus think otherwise.

Kelvin Joiner, a junior business major, said, "I am really looking forward to a school yearbook, when I get older I will be able to look back on all the good times I shared with my peers and my college experience."

"I do wish we could have a yearbook every year only because when I am a senior I would like my graduation picture in the yearbook for all to see."

Lockett explains that they are still trying to get the hang

of making a yearbook and they wanted the book to be big so they decided that covering the past four years would be a great thing to do.

"We as college students have no need for a yearbook every year," said Lockett.

Because this yearbook spans four years, the first couple of pages will be a flashback from 2012 to 2014, which will also showcase activities on campus, a variety of athletic teams, organizations, those who have passed away and more.

The yearbook will sell for \$50 and anyone can pre-order after spring break. The book will not be released until the week before spring graduation.

Everyone who took individual pictures will be able to access them online at the student engagement website.

"We want this yearbook to be perfect and I know it will be with all the hard work we have put into it, our goal is that everyone will enjoy what we have put together," says Lockett.

HBCUs

continued from page 1

"Completely closing an HBCU means that people will not be able to appreciate them. They (HBCUs) are a part of America's history and should remain open," says Warren.

South Carolina State University (SCSU) is planning to close its doors for the next two years after July 2015. This is due to financial issues within the university.

Shutting the university down can shed negative light on the HBCU of South Carolina by causing the university to lose its accreditation, becoming a discouragement for future students.

Closing the doors of SCSU and losing accreditation for the university could potentially lead to more financial issues since the university will not be able to receive federal or state aid.

In December of 2014, Tennessee State University (TSU) as well as Fisk University became in danger of losing their accreditation.

TSU faced the risk of losing accreditation due to operation

issues while Fisk University's accreditation was in jeopardy due to the university's budget crisis. Fisk was given six months to repair its financial budget for the in order to remain an accredited school.

Iesha Sanders, a junior criminal justice major, said, "People do not understand how serious HBCUs closing down is."

They do not realize the effect it has on the students. People's lives, futures, and well-being are being tampered with. As a HBCU student, I can vouch for the fact that students work hard to earn their degrees."

"I couldn't imagine having to transfer due to my school losing accreditation and federal and state aid," she concluded.

Round 2: Fight Night hosted by Panther PhDs

By Michael Hicks
Panther Contributor

The Panther PhDs held an informational, "Round 2: Fight Night," primarily focusing on males, to discuss domestic violence.

The night started off with a game, "I, um." The students were not allowed to use, "I, um, like, uh, etc.," words that were used to fill space. Senior human performance major Teckli Z. Ogubai asked a series of questions that each group of three or four had to answer.

The first question, "What would you do with \$1 million" was given to get students to interact with one another, like an ice breaker.

Each group was given two minutes to discuss the question and come up with an answer. One student said he would go skydiving, basically checking it off of his "bucket list." Other answers ranged from helping their family

and paying off their tuition.

Ogubai asked another ice breaker, "Do you prefer light or dark skin women?" One third of the audience said dark, another said light and the rest felt it did not matter.

The last question, "What is domestic violence," was very important to the host and the students. Every student blurted out their opinion, most saying that it is abuse that occurs within the family unit or just abuse in general. Raekown Halton says, "Domestic violence is when you try to take power or control

"Domestic violence is when you try to take power or control over your partner whether it's mental, verbal, physical and/or emotional."
-Raekown Halton

over your partner whether it's mental, verbal, physical and/or emotional." After informing the audience, he asked the question once again and the students had different opinions.

Ogubai acted out three different scenes, physical, emotional and non-abuse. The first scene consisted of two actors, John and Mary, played by Ogubai and Mandisa Holmes.

John had come home from work and saw Mary eating slices of cake. John yells at her saying that she didn't need to be eating the cake and also calling her fat. At the end of the scenario, the actors asked which form of domestic violence was performed. The audience all agreed that it was verbal and emotional.

The last two scenes were acted out and overall everyone in attendance could agree that males should not abuse females in any form, whether it is verbal, emotional, physical, or mental.

What's your musical inspiration?



PURPLE & GOLD POLL THOSE GUYS EDITION



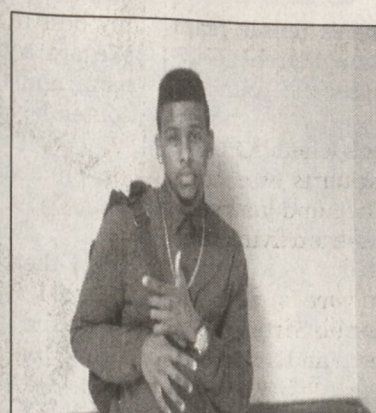
"Not so much a who, because I feel like everybody has something unique."

Malcolm Barnett
Health
Junior



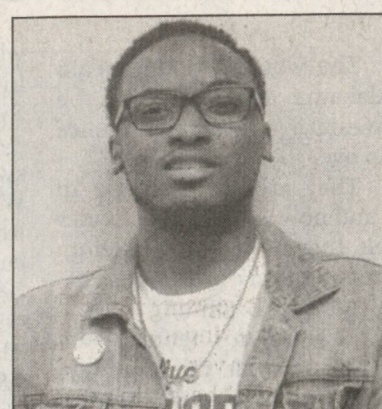
"Jamie Foxx because I feel like me and him are one and the same"

Keith Hartaway
Accounting
Junior



"We're both awesome people and I aspire to be an actor and singer."

Quentin Dean
Business Management
Junior



"Erica, whatever she felt she expressed through music and she found out she can make anything possible through God."

Curtis Gibson
Education
Junior

Good Eats: Cooking with Miss Prairie View

By: Ashlee Sherman

For those of you who enjoy Mexican food, you're going to absolutely love this week's recipe! I've always loved Mexican food, but (like other types of dishes) it can be very fattening depending on how it's prepared. So what are the key takeaways to still be healthy without losing the rich flavor? I'm glad you asked! Here are Four Fit Tips that you need to remember regarding Mexican food: (1) It's super easy to pack on the heat by adding jalapenos instead of salt seasonings to monitor your sodium intake. (2) Keep your entrees loaded with veggies, it's much healthier than cheese! If you absolutely do need to add cheese, keep it under two tablespoons for your whole meal. I know that doesn't sound like much, but I know you can do it! (3) Pick the smarter bean: the black bean! They are jam packed with protein and are naturally high in fiber. (4) Wrap it up! Go for a whole-wheat/whole-grain tortilla or if you're really feeling healthy choose a lettuce wrap!

Alright, now let's get moving with this week's Good

Eat! We'll be making Cilantro Southwestern Shrimp Rolls! Make sure you have these ingredients:

- 1 100 calorie whole-wheat tortilla
- 3 oz of shrimp
- 1/4 c of fresh chopped cilantro
- 1/4 c of any color bell peppers
- 1/2 of a lime
- A few slices of red onion (as desired)
- 1/3 c of un-sweetened yellow corn
- 1/3 c of no-salt added black beans
- 1/4c of shredded lettuce or kale
- 2 TBSP of fat-free sharp cheddar cheese
- 2 TBSP of olive oil
- 2 TBSP of greek yogurt
- 1 TSP of sea salt
- 1 TSP green chili paste

Directions:

1. Cook shrimp in skillet with olive oil (I used Mrs. Dash Fiesta Lime Seasoning Blend since it is salt free!) Add in bell peppers, onion, and a pinch of cilantro and let simmer.
2. Now let's prepare the corn. If you bought fresh corn you'll just need to boil it for 4-6 minutes. If you're using the microwaveable corn, follow in the instructions on the package.

3. Once your shrimp and vegetables have almost finished cooking, add in the cheese and black beans. Let cook until cheese has started to melt.

4. Prepare the cilantro dressing by mixing greek yogurt, juice of 1/2 lime, remainder of chopped cilantro, 1 TBSP olive oil, 1 tsp of green chili paste (store bought), 1 TSP of salt. Blend well in a hand blender or food processor.

5. Assemble roll by adding lettuce, vegetables (including corn), shrimp, and topping with cilantro dressing inside of the whole-wheat tortilla.

I hope you enjoy this recipe as much as I do! If there are other vegetables that you enjoy, feel free to swap them out! Don't forget to check the Panther each week for a new healthy recipe! Also, please join me as I host Hip Hop Aerobics on March 9, 2015 from 7-8PM in the MSC Student Lounge. It will be a fun-high energy hip-hop workout that will help get you in shape! Happy Cooking!
Ashlee Elouise Sherman
Miss PVAMU 2014-2015

State of the Hill address



By: Sidney LeBeauf

This year has been a busy and progressive one. Throughout this year as SGA President I have seen how a group of people can make a change. The work of one person can make some change, but a group of people can move mountains. I have made it my goal to help find better ways to market our campus to people throughout the world and to our students. A new look of our campus's website is in the works. Our current website doesn't properly depict our student's and student life in a way that is appealing to current students.

We as students, and Student Government Association, are doing better to find ways to market our business to our students and the campus with more events designed to incorporate more students. I am incorporating the many campus leaders in the things that SGA does and is planning to do as well as promoting what other organizations are planning

to do to our members and their constituents. As a plan to connect our students and promote more positivity, I have reached out to the male leaders of our campus to unite and make a positive impact on the lives of the young brothers on our campus. We should all be working to make

The security of our students is one of our top priorities. We have asked for better lighting and more lighting to help make people feel more secure. Security cameras have not been updated for many years and are outdated. Because we are asking for better security, campus police are updating our security cameras.

We ask for more from our faculty, but what more can we do? How can we as individuals step up and make a difference for our classmates and our campus. Reach out to me and let me know what exactly you would like to see on our campus. In order to make a difference we have to work as a group.

Come write for the Panther!

Meetings every Monday at 5 p.m.
MSC second floor Room 219



1. What was going on in Phase 1&2? 2. Did somebody get caught up? 3. Does PV have student spies? 4. Who do we need to watch out for? 5. Why did the AKAs have a kickback? 6. Was it even live? 7. Who does Official Steffon think he is? 8. Is he even Official? 9. Who are the girls going up the building 36 fire escape? 10. Are they the new SPIDER thots? 11. LOL How many rap artists attend PV? 12. But who's really going to make it though? 13. Should PV-UKno Radio get organization of the year? 14. Or will it be THE PANTHER? 15. Who are the two girls with the fire truck red hair? 16. Isn't the new hair color trend green? 17. Who was the man in the fur coat at Hump Day? 18. Why didn't he bring Dej Loaf with him? 19. Why are Panther Mart cookies so good? 20. What do you think?

These questions are for entertainment only. The questions submitted are not the views of The Panther. They should be read as gossip only, not as fact. Want to tell us what YOU think? Please bring YOUR comments and questions to Rm. 219 MSC or e-mail us at panther@pvamu.edu.

Tennis teams dominate against Alabama State in SWAC roundup

By Dominique Dillion
Panther Staff

The women's tennis team beat Alabama A&M 7-0 at the South Western Athletic Conference roundup over the weekend.

They are currently 1-2 in SWAC, and now with this win under their belt, they do not plan to let up on the competition anytime soon.

At the beginning of the season the women's tennis team started out slow at the roundup. However, last weekend's contest ended in a good finish.

Sophomore Taylor Lefridge won all three of her singles competitions against Jackson State, Alabama State, and Alabama A&M. She represented the Panthers well as the only female triumphant against Alabama State.

Coach Cochran says, "The women had a slow start but I think they are starting to hit their stride. We have a very young team, mostly sophomores, freshmen, and one senior. This weekend was an eye opener and they finally understand what it's going to take to make it to SWAC. We have another roundup in Houston and we'll see what happens

there."

The women's tennis team will return to action March 26-28 in Houston at the second round of SWAC roundups.

The men's tennis team swept the competition at the South Western Athletic Conference Roundup over the weekend and is currently undefeated.

The men are 3-0 after defeating Jackson State 4-3, Alabama State 4-3, and Alabama A&M 7-0.

The first victory of the weekend against Jackson State set the tone for the continuation of the roundup.

Teammates came back after being down 1-0 in doubles by dominating in singles matches to secure a 4-3 win against Jackson State.

Standout Sergio Avella and Christian Waldron led the Prairie View A&M men's tennis team to two more victories in singles.

Waldron says, "I am very pleased in my first year going undefeated in the SWAC roundups. It was a big confidence booster for me and my teammates. We are hungry for another SWAC title,

and with the grace of God I will do my best to contribute to the team. We are a talented team, a united team, and a team that is definitely a contender to win SWAC this year."

The team has a promising season ahead and plan to be the 2015 SWAC champions.

Cochran says, "We went down there with a goal of coming back 2-1, it ended up being 3-0. As the round up progressed we started hitting our stride and with each stride we started getting stronger. We didn't play our best tennis and we went undefeated. If these guys play to their full potential it's going to be very scary. I think we're going to the championship and I'm not counting any chickens before they hatch. Worse case scenario, we'll finish 4-1, placing us as a 1 or 2 seed. We're focusing on one match at a time, we're going to have some matches over spring break, and by then we'll know exactly what we're made of just in time for the SWAC tournament."

The men's tennis team will return to action March 26-28 in Houston at the second round of SWAC roundups.

SWAC Player of the Week #2 John Brisco



Photo by Sports Information

Brisco averaged 25 points, 4.5 rebounds and three steals as the Panthers won their seventh straight contest and remained undefeated in the second half of SWAC play.

Panthers win 7th game in the row since 1972-73 season

By Sports Information

The Prairie View A&M Panthers built a nine-point lead midway through the second half and then held off an Alabama State comeback attempt Monday to claim a 67-65 win over the Hornets.

In front of a boisterous crowd of 2,456 spectators, John Brisco scored 20 points, none bigger than the two he made on free throws with 19 seconds remaining to help the Panthers build a three-point lead. Alabama State's Jamel Waters missed two out of three free throws with a chance to tie the game with 7.1 seconds left.

Tre Hagood scored 13 points and recorded six assists and five steals for the Panthers (13-16), as the team improved to 11-5 in Southwestern Athletic Conference play. Karim York added 12 points and nine rebounds.

The win was the Panthers' seventh consecutive triumph, eclipsing their six-game winning streak from the 2008-09 season,, their best in the past decade. Prairie View A&M's current winning streak is the longest since a run of 12 consecutive wins all the way back in the 1972-73 season.

After Waters missed two out of three free throws in the final seconds, the Hornets got one more

chance to tie the game after Prairie View A&M came up empty-handed on a one-and-one foul line trip. The Hornets again gave the ball to Waters, who drove in for a game-tying layup, only to be blocked by Reggis Onwukamuche to seal the win for the Panthers.

Onwukamuche finished the game with nine points and seven rebounds. He also blocked four shots in the contest, including the one that preserved the win. Four of those points came on a pair of monster dunks that only briefly quieted the enthusiastic, heckling Alabama State crowd.

With the exception of the Southern and Alcorn State, who make their treks to Texas this week, the Panthers have now beaten other opponents in the SWAC. Prairie View A&M has beaten the top two teams in the conference on the road this season - Texas Southern (17-12, 14-2 SWAC) and Alabama State (16-9, 12-4 SWAC).

Steve Rogers came off the Alabama State bench to score a game-high 26 points on 8-of-11 shooting. Rogers' output replaced that of DeMarcus Robinson, who scored 26 points - including the game-winner as time expired - in Alabama State's win in Prairie View one month ago.

The Panthers led by as many as nine points in the second



Photo by Sports Information

Reggis Onwukamuche takes a pass from Montrael Scott and dunks over ASU's Luther Page.

half, only to see Alabama State chip away at the advantage in the late stages of the game. Prairie View took the upper hand with a 17-5 run between the 16:56 and 10:36 marks of the second half to build a 50-41 lead.

Even with the Hornets getting the score back to a one-possession advantage several times, the Panthers had an answer. Brisco stifled a 5-0 State run with a midrange jumper that stretched the visitors' lead to 63-59 with 2:47

remaining in the game.

Hagood hit his biggest shot of the game with 41 seconds remaining when he knocked down a runner in the lane to put Prairie View A&M ahead 65-61.

The Panthers' starters played 167 of the 200 individual minutes in the game.

Zach Hamilton scored six points for the Panthers, while Montrael Scott added four points and four assists.

The Panthers return to

action Thursday when they host Southern University. Tipoff is scheduled for 7:30 p.m.

Prairie View A&M's final home doubleheader of the season will be Saturday when Alcorn State visits William J. Nicks Arena.

March Madness is here again

By Reggie Young II
Panther Staff

NCAA March Madness is the talk around Prairie View.

This is the month of exciting, high level, college basketball where young stars are molded for the NBA. Sixty-eight teams will enter and only one will walk away as the champion. This tournament is one in which any team can face an upset at any moment and where others become what is called "bracket busters" where multiple games will be won in overtime and young players earn their badge as a hero.

The first NCAA tournament was held in 1941 in New York City, in which Oregon defeated Ohio State. In this time period the tournament only consisted of eight teams. For those who are wondering about the term "March Madness," Henry V. Porter started it. The term was used to describe the excitement surrounding the Illinois state high school basketball tournaments, which first appeared in print almost 60 years ago. Soon thereafter, the nation was plunged into World War

and the drama of March Madness provided a unifying force that brought the entire state together.

More importantly, for fans, this is the time to look forward to "bracketology." This is how the NCAA gives fans an opportunity to predict which teams will win matches in an effort to guess which teams win the big dance.

President Barack Obama became well known in "bracketology" for his bracket predictions a few years ago. Since entering office, he has presented his projected winners annually on ESPN in a segment called Barack-etology.

Kentucky's hunt to an undefeated season has been the talk around town. So far the wildcats are 30-0. What has made Kentucky's 2014-15 season unique, is its amazing depth. Many feel that the tournament will be a easy run for a dominating team such as Kentucky.

After completing a PVAMU student survey to see what team students felt would win the tournament, Kentucky received the most votes. Virginia came next in line and Duke followed. "Who wouldn't want to tune in to college basketball and watch all the buzzer

beaters that happen every season," said junior engineering major Rodney Harrison.

PVAMU basketball athletes and students are hoping to make it back to this tournament. Prairie View men's basketball team has only competed in the tournament once which was in 1998 when they were defeated by Kansas 110-52.

The winner of the SWAC gets an invitation to compete in the tournament. For those who think that PVAMU has no chance to compete, flash back to the Southern vs Gonzaga game back in 2013. Although Gonzaga pulled out the victory no one had predicted that the game would be as close as it was. The final score surprisingly was 64-58.

Students could help support the men's team by rooting for them to continue their hit streak all the way to the SWAC title.

Tune in to selection Sunday on March 15 for the rankings.

HOME GAMES OF THE WEEK

THURSDAY, MARCH 5

BASKETBALL VS. SOUTHERN
WOMEN @5:30PM & MEN @7:30

SATURDAY, MARCH 7

BASKETBALL (SENIOR DAY) VS. ALCORN
WOMEN @3PM & MEN @5

MENS' BASEBALL .VS ARKANSAS PINE.
@NOON

TUESDAY, MARCH 10

WOMENS' SOFTBALL VS. HOUSTON BAP.
@2PM & @4PM

WEDNESDAY, MARCH 11

MENS BASEBALL VS. WILEY COLLEGE
@2PM